

How can I keep my nervous system healthy?

You can keep your nervous system healthy by taking these steps:

- Keep your blood glucose numbers as close to your target as possible. If you already have nerve damage, doing so will help you prevent more nerve damage and may decrease pain or other symptoms. Your doctor will work with you to set your target blood glucose numbers and teach you what to do if your numbers are too high or too low.
- Be physically active and take your diabetes medicines, as advised by your doctor.
- If you smoke, stop smoking.

- Tell your doctor right away about any problems you have with
 - your hands, arms, feet, or legs
 - your stomach, bowels, or bladder
 - having sex
 - knowing when your blood glucose is too low
 - feeling dizzy when you go from lying down to sitting or standing
- Take care of your feet.
- Remind your doctor to check your feet at every office visit. See your doctor at least once a year for a foot exam, or more often if you have foot problems.